

INFORMATION FOR PATIENTS

Integrated Community Stroke Service

How to monitor your blood pressure at home

For accurate readings, your blood pressure monitor needs to be a validated BP monitor and under five years old.

Microlife monitor:

- Measure your blood pressure before breakfast and before taking any morning tablets, and again before bed for four consecutive days (unless advised otherwise).
- If you have weakness resulting from your stroke, ideally you should put the cuff on your other arm – you may need someone to help you with that. Always try to use the same arm.
- Apply the cuff on your upper arm with its lower edge two fingerbreadths above the bend of your elbow. It should be tight enough so that you can only just get two fingers under the cuff. Ensure the cuff is the correct size for your arm.
- The centre of the cuff bladder (or mark) should be over the artery, which you can usually feel just on the inside of your biceps muscle.
- Relax and sit quietly (not talking) for three minutes with your arm supported on a table. Your elbow should be at the same level as the bottom edge of your ribs.
- The machine will automatically take three readings, 15 seconds apart, and will then display the average measurements. Record this reading on the form.

OR

If using an alternative monitor, take three readings, one minute apart, and record all three readings on the form.

If the monitor displays the message **AFib**, note this on the blood pressure diary in the **AFib? Y/N column**.

In the comments section, write down anything that could have affected your reading, such as feeling unwell or changes in your medication.

If these readings are $\geq 170/115$ mmHg contact your GP for an urgent same day appointment.

Once you have returned your readings to the team, your blood pressure will be reviewed by a community stroke specialist nurse who will inform your GP and yourselves if any further action is required.

Blood pressure diary

Date	Time	Reading 1	Reading 2	Reading 3	Pulse	AFIb? Y/N	Comments
	am	/	/	/			
	pm	/	/	/			
	am	/	/	/			
	pm	/	/	/			
	am	/	/	/			
	pm	/	/	/			
	am	/	/	/			
	pm	/	/	/			
	am	/	/	/			
	pm	/	/	/			
	am	/	/	/			
	pm	/	/	/			
	am	/	/	/			
	pm	/	/	/			
	am	/	/	/			
	pm	/	/	/			
	am	/	/	/			
	pm	/	/	/			

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office Leaflet code: PIL202502-01-MBPH Created: February 2025 / Review Date: February 2026</p>
